OUTLINE

The Neuroscience of Trauma and **Mechanisms of Change**

Key brain areas involved in trauma Fight, flight, freeze, fawn survival responses Clinical implications of the freeze response The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma Intergenerational trauma Symptom clusters and physical manifestations CAPS-5 and PCL-5 Primary Care PTSD Screen **Dual diagnosis**

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations

Bottom-up techniques to reconnect and feel safe in the body

Self-soothing techniques Grounding strategies

Breathwork

Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:

Address Physical Symptoms of Trauma Relevance of Polyvagal theory and

early trauma

Assess for readiness to apply somatic

Teach body awareness

Manage unease with "Felt sense" exercises

Resourcing strategies to create a safe

CBT Coping Skills: Manage Emotions

Identify inaccurate trauma-related cognitions

Exposure, titration and pendulation to slow emotions

Cognitive reframing and reappraisal interventions

Memory reconstruction techniques

EMDR-Based Techniques:

Resolve Traumatic Memories

Adaptive Information Processing Theory EMDR vs EFT vs neuromodulation Resourcing strategies Combine memory reprocessing with cognitive restructuring Using "restricted processing" with complex trauma

Narrative Therapy Exercises:

Rewrite Traumatic Experiences

Interventions to help clients talk about hotspots

Reclaim identity with the "Tree of life"

Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks

How to handle the angry client Strategies for the resistant trauma client Boundary concerns

Dealing with crises, suicidality, substance

Reintegration and Post-Traumatic Growth

Better than normal - the neuroscience of post-traumatic growth

The therapeutic alliance as a brain-based

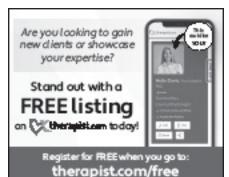
The power of forgiveness in moving forward Meaning making exercises

Research, Limitations and Potential Risks

Live Webinar Schedule (both days) (Times listed in Eastern,

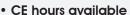
9:30 Program begins

Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000



PEŞI

www.pesi.com/inhouse

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

2-DAY INTENSIVE

TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

LIVE Interactive Webinar Monday & Tuesday, April 10 & 11, 2023

BONUS! – Registration includes FREE on-demand access for 3 months.

REGISTER NOW: pesi.com/webcast/88751

Live Online Certification Training

2-DAY INTENSIVE **TRAUMA TREATMENT CERTIFICATION** WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving



A Non-Profit Organization

SINCE 1979

Featuring clinical psychologist, internationally sought-out teacher, and EMDR consultant, Arielle Schwartz, PhD, CCTP-II, E-RYT



Limited Time Offer Your Certification Application Fee (\$99 value!) Included - On PESI! See details inside

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario

LIVE Interactive Webinar Monday & Tuesday, April 10 & 11, 2023

BONUS! - Registration includes FREE on-demand access for 3 months.





2-DAY INTENSIVE

TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Best of all, upon completion of this live training, you'll be eligible to become a Certified Clinical Trauma Professional (CCTP) through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of trauma counselling. Professional standards apply. Visit www.evergreencertifications.com/CCTP for details.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!

Target Audience:

Counselors • Social Workers • Physicians • Psychologists • Case Managers Addiction Counselors • Therapists • Marriage & Family Therapists • Nurses Other Mental Health Professionals



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Spencer Jahnke at sjahnke@pesi.com or call 715-855-8206.

CERTIFICATION MADE SIMPLE!



- No hidden fees PESI pays for your application fee (a \$99 value)*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Trauma Professional through Evergreen Certifications is complete.*

Attendees will receive documentation of CCTP designation from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply. Visit www.evergreencertifications.com/CCTP for professional requirements.

SPEAKER



Arielle Schwartz, PhD, CCTP-II, E-RYT, is a clinical psychologist, internationally sought-out teacher, therapeutic yoga instructor, and leading voice in the healing of PTSD and complex trauma. She is the author of six books based upon her integrative, mind-body approach to trauma recovery: The Complex PTSD Workbook; The Post Traumatic Growth Guidebook; A Practical Guide to Complex PTSD; EMDR Therapy and

Somatic Psychology; The Complex PTSD Treatment Manual, and Therapeutic Yoga for Trauma Recovery. Her unique blend of spirituality and science can be found in her writings, guided trauma recovery programs, and applied Polyvagal Theory in yoga for trauma recovery.

Dr. Schwartz is an accomplished teacher who guides therapist in the application of EMDR, somatic psychology, parts work therapy, and mindfulness-based interventions for the treatment of trauma and complex trauma. She has a succinct way of speaking about very complex topics. She is a longtime meditation and yoga practitioner with a passion for the outdoors; all of which she incorporates into her work as founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. Dr. Schwartz believes that the journey of trauma recovery is an awakening of the spiritual heart. Discover more at drarielleschwartz.com.

Speaker Disclosures:

Financial: Dr. Arielle Schwartz maintains a private practice and is a trainer with Advanced EMDR Therapy Trainings. She receives compensation as an international presenter. Dr. Schwartz receives a speaking honorarium, recording royalties, and publishing royalties from PESI, Inc. She also receives publishing royalties from Norton Publishing, Sounds True, and Rockridge Press. She has no relevant financial relationships with ineligible organizations

Non-financial: Dr. Arielle Schwartz has no relevant non-financial relationships.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5

This activity is pending approval from the National Association of Social Workers.

PESI, Inc., #1062, is approved to offer social work continuing education by the Association of

Earn up to

12.5 CE

Hours for one

low price! Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK,

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/88751

Live Interactive Webinar (Option 1)

April 10 & 11, 2023 PWZ88750

\$439.99 tuition

9:30am Eastern time **Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- · Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$439.99 POS055515

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- · Enjoy lifetime on-demand access
- Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability

DVD (Option 3)

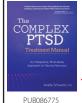
\$439.99 RNV055515

DVD Experience:

· Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



The Complex PTSD Treatment

An Integrative, Mind-Body Approach to Trauma Recovery

Arielle Schwartz, PhD - seminar speaker! \$29.99 \$22.99*



Therapeutic Yoga for Trauma Recovery Applying the Principles of Polyvagal

Theory for Self-Discovery, Embodied Healing, and Meaningful Change Arielle Schwartz, PhD, CCTP-II, E-RYT

\$29.99 \$22.99*

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

800-554-9775 Fax: Mail:

PESI, Inc. PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website



For all credit approvals and details, visit: www.pesi.com/webcast/88751